

## Abstract

A method of enabling a person to reduce tension as a way of improving the possibility that the person will reach a desired level of performance during a tension-causing event

5 includes the steps of selecting a monitor capable of measuring the heart rate of a person and including a display constructed to show heart-rate variability (HRV), and connecting a person to the monitor. The method also includes allowing the person to view the display of their own HRV while connected to the monitor, communicating to the person a desired range of HRV and an undesired range of HRV, and teaching the person how to breath to reach the

10 desired range of HRV and to verify that the person reached the desired range of HRV by viewing the display. In addition, the method includes directing the person to think of a tension-causing event; and repeating the teaching step until the person reaches the desired range of HRV while thinking of the tension-causing event. The method could also include the steps of selecting a monitor that is portable, directing the person to perform a tension-

15 causing event, and repeating the teaching step until the person reaches the desired range of HRV while performing the tension-causing event.